



**ENRICHMENT
HANDBOOK
TERM 2A
2024 - 2025**



مدرسة جيمس متروبول
GEMS Metropole School
MOTOR CITY

GEMS
EDUCATION



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Our Vision

An inspiring and inclusive community hub developing future leaders

Our Mission

Inspire, Lead and Exceed our potential

Our Values

Compassion, Empathy, Kindness, Leadership and Respect

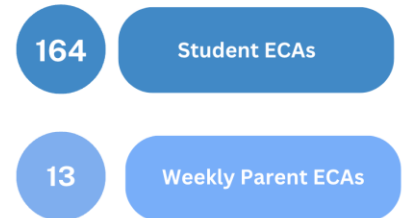




Enrichment Pathways

At GEMS Metropole School, our programme of enrichment embodies the GEMS Metropole School core values and ensures that there is a comprehensive and balanced approach to student personal development. Our 5 enrichment pathways aim to offer a broad range of opportunities to develop key competencies for students' future success, tailored to their individual interests and aspirations. The purpose is to promote holistic growth, supporting academic achievement whilst also nurturing the wellbeing of our students through our PERMAH model. We ensure our enrichment pathways promote each of the PERMAH domains to develop happy and healthy well-rounded individuals, prepared for future challenges and global citizenship.

MTS Enrichment Pathways



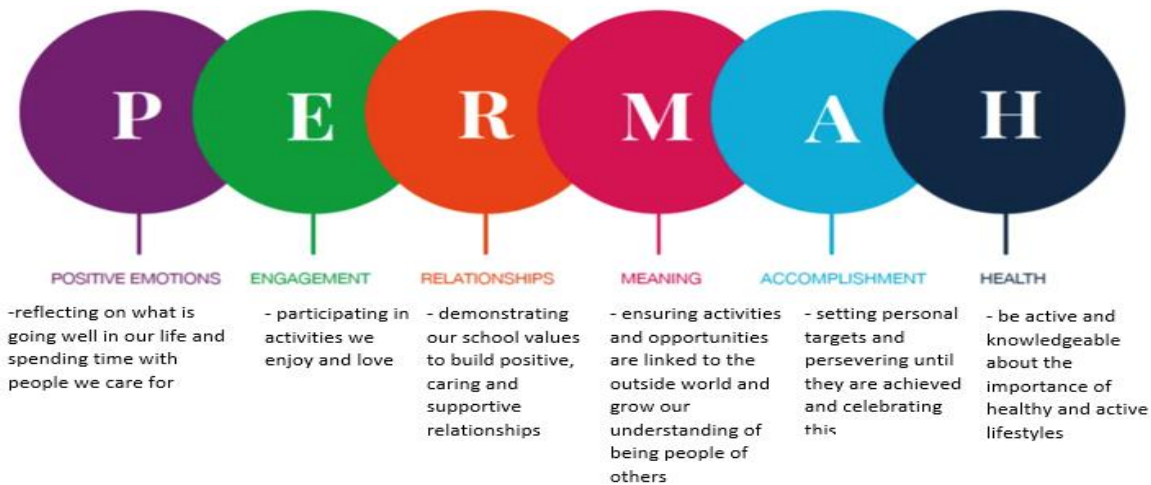
Enrichment Drives Our Wellbeing

At GEMS Metropole School, we are committed to promoting and supporting the positive mental health and wellbeing of our students. We recognise that mental health and emotional wellbeing is just as important as physical health. Individuals are better prepared for a happier fulfilled life when they are healthy, safe and thriving.

GEMS Metropole School supports the UAE vision for wellbeing by sharing the following wellbeing vision:

‘We are proactive in promoting wellbeing, allowing us all to personally thrive’.

Our Wellbeing vision is based on a proactive, positive psychology model, reinforced through the PERMAH framework allowing our community to build their personal sense of happiness and wellbeing, rather than a reactive only approach. Across the school we achieve this through LEAD time, assemblies, happiness rooms, pastoral curriculum, school events, Squads, enrichment, school farm and through our 4 schools and their unique areas of focus.



Enrichment Pathway	PERMAH Domain
Leadership and Personal Development	Accomplishment, Positive Emotions
Enterprise and Innovation	Engagement, Accomplishment
Active Learning and Future Ready	Health, Engagement
Diversity and Global Awareness	Relationships, Meaning
Sustainability and Social Responsibility	Meaning, Positive Emotions



Paid Extracurricular Activities (ESM)

ESM are the official GEMS Education external partners, offering students enrichment activities outside of school hours. These activities are an additional charge.

ESM Active is the new identity for ESM paid after school sport and enrichment programmes (formerly DELTA) and offers a dynamic range of after-school sports and enrichment activities, delivered by professional and qualified third-party providers, that have been selected specific to the needs of each school.

Whether your child enjoys 'active body' activities like football, basketball and tennis, or 'active mind' activities such as robotics, languages, music or coding, there is an exciting array of activities to choose from.

One platform to book, play, and stay active..

Sign up via GEMS Connect

Year Groups	Activity	Day and Time	Location	Price
Y1-5	Parkour	Monday 15:15-16:45	FS PE Hall	756aed (9 weeks)
FS-Y6	Fine Arts Arts and Crafts	FS: Monday 13:00-14:00 Y1-6: 15:15-16:15	FS Classroom / Classroom G057	765aed (9 weeks)
Y1-6	Tennis	Monday 15:15-16:15	Tennis Courts	900aed (9 weeks)
Y1-9	Science & Experiments	Tuesday 15:15-16:15	Classroom G057	900aed (9 weeks)
Y1-6	Artistic Gymnastics	Tuesday – 15:15-16:15	Ground Floor Sports hall	945aed (9 weeks)
Y1-6	Kung Fu	Wednesday – 15:15-16:15	FS PE Hall	855aed (9 weeks)
Y1-6	Chess	Wednesday – 15:15-16:15	Classroom G057	855aed (9 weeks)
FS-Y6	Football	Y1-6: Thursday 15:15-16:15 FS: Friday 12:15-13:00	Ground Floor Sports hall / FS PE Hall	630aed (9 weeks)
Y1-11	STEM – Robotics & Coding	Thursday 15:15-16:15	Classroom G057	756aed (9 weeks)
Y1-6	Basketball	Friday 12:15-13:15	Main Sports hall	675aed (9 weeks)



Paid Extracurricular Activities (ESM)

Year Groups	Activity	Day and Time	Location	Price
Y3-Y4	MMA	Monday 15:15-16:15	The Mats	300aed (4 weeks)
Y4-Y6	Boxing	Tuesday 15:15-16:15	The Mats	300aed (4 weeks)
Y7-Y13	ESTARS Level 1 Certificate in Esports	Tuesday 15:15-16:15	F617	1000aed (8 Weeks)
Y5-Y6	MMA	Wednesday 15:15-16:15	The Mats	300aed (4 weeks)
Y1-Y6	Wood Wizards Steam Orientated Woodworking workshop	Thursday 15:15-16:15	G201	900aed (9weeks)
Y1-Y3	Great Wall – Chinese language (beginners)	Thursday 15:15-16:15	G101	1080aed (9weeks)
Y7-Y9	MMA	Thursday 15:15-16:15	The Mats	300aed (4 weeks)
Y1-12	Badminton	Friday 15:15-16:15	Ground Floor Sports hall	657aed (9 weeks)
Y1-12	Piano lessons	Friday 15:15-16:15	FS34 (Business hub)	TBC
Y1-12	Guitar lessons	Friday 15:15-16:15	F630	TBC
Y1-12	Ukelele lessons	Friday 1 5:15-16:15	F628	TBC
Y1-Y5	Baking	Friday 15:15-16:15	Kitchen- second floor	TBC
All	Horse Riding	Various across the week/weekend	Sustainable City	TBC



Mustangs Training Schedule

Introducing the Mustangs Squads at GEMS Metropole School! Our dedicated training schedule is designed to prepare our athletes for competitive success across various sports. With expert coaching and a focus on teamwork, each squad trains regularly to enhance skills, build resilience, and foster a strong sense of camaraderie. Whether your child is an aspiring athlete or looking to improve their abilities, the Mustangs Squads offer a supportive environment where they can thrive and compete in exciting events throughout the year. Join us as we gear up for an incredible season of sportsmanship and achievement!

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Training (6:45am – 7:30am)	U12/U13/U14 Girls Netball (THE COURTS) AML/YOH/Miss Hall U16/U19 Boys/Girls Basketball (THE MAIN HALL) CWA + AME U16/U19 Boys Football (THE PITCH) LSH U12 Boys Basketball/Cricket/Football S&C (THE STABLES) CCL	Secondary Swim Squad (THE POOL) 6:30am LMC BOW DSH Secondary Tennis (THE COURTS) JLR U12/U13/U14 Boys Football (THE PITCH) SCA/DJC U12/U13/U14 Girls Basketball (THE MAIN HALL) Mr Dove + Beyond GCSE Handball (THE SMALL HALL) BJE U16/U19 Girls Basketball/Football/Netball S&C (THE STABLES) CCL	Primary Gymnastics (THE SMALL HALL) 6:30am Absolute Gymnastics Secondary Boys Cricket (THE NETS) DJC Secondary Athletics (THE PITCH) SWK Mr Fagg Mr Austin U12/U13/U14 Girls Netball/Girls U13 & U15 Tennis S&C (THE STABLES) CCL	Primary Swim Squad (THE POOL) 6:30am LMC BOW DSH U12/U13/U14/U16/U19 Girls Football (THE PITCH) HBE/MRH U12/U13/U14 Boys Basketball (THE HALL) GSA Mr Dove U13/U14 Boys Football S&C (THE STABLES) CCL	Staff Swimming (THE POOL) JGN Cheerleading (THE SMALL HALL) PA U12/U13/U14 Girls Basketball/Football S&C (THE STABLES) CCL
Lunch Training (12:25pm – 1:05pm)					
Mustang Squads (3:05pm – onwards)	Year 3 Girls Football (THE PITCH) HBE Year 4 Girls Football (THE PITCH) Miss Jones U19 Boys Football Cup (THE PITCH) LSH U19 Girls Football Cup (THE PITCH) AME U16 Girls Netball (THE MAIN HALL) MLR U13/U14 Boys Basketball/Cricket/Boys U13 & U15 Tennis S&C (THE STABLES) CCL	Primary Swim Squad (THE POOL) LMC BOW DSH Primary Athletics (THE PITCH) SCA JLR MLO Mr Barnes Mr Ibison U12 Girls Netball (THE MAIN HALL) AML U16 Girls Football Cup (THE PITCH) MLO U16 Boys Football Cup (THE PITCH) LSH Secondary Athletics S&C (THE STABLES) CCL	Year 5 Girls Football (THE PITCH) Miss Watson Year 6 Girls Football (THE PITCH) HBE/MLO Primary Tennis (THE COURTS) JLR U19 Girls Netball (THE MAIN HALL) YOH U13 Boys Football Cup (THE PITCH) BMT U14 Boys Football Cup (THE PITCH) SCL U13 Girls Football Cup (THE PITCH) AML U14 Girls Football Cup (THE PITCH) HBE Secondary Swim Squad S&C (THE STABLES) CCL	Secondary Swim Squad (THE POOL) BOW DSH U13 Girls Netball (THE COURTS) AML/LMC U14 Girls Netball (THE COURTS) YOH Primary Cricket (THE NETS) DJC Secondary Athletics (THE PITCH) SWK CWA BJE Mr Worthe U12 Boys Football Cup (THE PITCH) BJE U12 Girls Football Cup (THE PITCH) MRH U16/U19 Boys Football & Basketball S&C (THE STABLES) CCL	



Stallions Squads Extracurricular Activities

At GEMS Metropole School, we have the incredible Stallions Squads who take part in a range of Performing Arts opportunities across the year, both in Primary and Secondary. Our Stallions Squads explore their creativity through drama, music, and dance. From taking center stage in school productions to honing their musical talents in ensembles and choirs, students are encouraged to develop confidence, teamwork, and self-expression.

Stallions Schedule Below:

Activity	Open to:	Location	Staff Member	Number of spaces	Day and Time	Sign up
Secondary Dance	Y7 - Y13	Dance Studio	Miss Saffhill Miss Hodge	18	Monday 15:05-16:30	Auditioned invited students only
Secondary Choir	Y7 - Y13	T610	Mrs Ellams Miss Kelly	30	Monday 15:05-16:00	All Secondary welcome
Secondary Acting for Screen	Y7 - Y13	T608	Miss Shaw	18	Monday 15:05-16:00	All Secondary welcome
Primary Choir	Y3 - Y6	T604	Mrs Kermath Mr. Squire	40	Wednesday 07:00-07:40	GEMS Connect- ESM
Primary Musical Theatre	Y3 - Y6	Dance Studio	Miss Coleman	18	Wednesday 15:05-16:00	GEMS Connect-ESM
Primary Dance	Y3 - Y6	Dance Studio	Miss Hodge	18	Thursday 15:05-16:00	GEMS Connect-ESM
Primary Acting	Y3 - Y6	T608	Mr. Thomas	18	Thursday 15:05-16:00	GEMS Connect-ESM
Secondary Soul Choir	Y7 - Y13	T610	Miss Kamure	20	Thursday 15:05-16:00	All Secondary welcome
Secondary Cheerleading	Y7 - Y13	Small Hall	Miss Moffat Miss Hodge	30	Friday 07:00-07:40	All Secondary welcome
Secondary All Boys Rap	Y7 – Y9 Boys	S411	Mr. Squire	15	Friday 07.00-07.40	All Secondary welcome



Al Noor Centre Extracurricular Activities Arabic & Islamic Department

At GEMS Metropole School, our Arabic and Islamic Department offer a range of extra-curricular opportunities across the year for students in Primary and Secondary. These Extracurricular Activities provide enriching opportunities for students to deepen their understanding of the language and culture of Islam. Through engaging activities, students can enhance their Arabic speaking, reading and writing skills. The Al Noor Cultural Heritage Centre plays a pivotal role in these clubs, offering an immersive environment where students can experience and celebrate the rich culture and values of Islam. The Centre hosts cultural workshop sessions for students and parents throughout the year.

Audience	Activity	Day and Time	Number of spaces	Sign up
Y1-11	Al Noor Centre After School Qura'n Recitation Classes	Monday & Thursday 15:15-16:00	120	GEMS Connect - ESM
Y1-13	Al Noor Centre Advanced Qur'an Recitation Classes	Monday-Thursday 07:00-07:40	15 per day	GEMS Connect - ESM
Parents	Al Noor Centre Arabic for Parents	Tuesday 15:15-16:00	20 per class	Link here
Y1-11	Teacher Classroom Based After School Arabic	Wednesday 15:05-15:45	20	GEMS Connect - ESM
Parents	Al Noor Centre Spanish for Parents	Wednesday 15:15-16:00	20	Link here
Parents	Al Noor Centre French for Parents	Thursday 15:15-16:00	20	Link here
Y7-13	Al Noor Centre Seerah Sessions	Friday 12:30-01:00	60	GEMS Connect - ESM
Parents	Al Noor Centre Female-Only Tafsir Sessions	Friday 12:30-01:00	20	Link here
Staff	Al Noor Centre Tafsir Session for Staff	Friday 12:30-13:00	20	Link here
Y7-13 / Parents / Staff	Al Noor Centre Jumu'ah Prayer – Arabic with English Translation	Friday 13:15	200	No Sign Up Required



Parent and Staff Extracurricular Activities

At GEMS Metropole School, we are excited to offer a variety of extracurricular activities (Extracurricular Activities) designed specifically for parents. These engaging sessions provide a wonderful opportunity for you to connect with other parents, learn new skills, and participate in community events. Our Extracurricular Activities are designed to foster connections and enhance your experience as part of our school community.

Join us in these enriching activities and be a part of the vibrant life at GEMS Metropole School!

Please note that spaces are limited, once you sign up on the link below you will receive a welcome email to state if you have successfully received a place. Please complete the link promptly to avoid disappointment.

Activity	Description	Staff Member:	Date and Time	Number of spaces	Location	Sign up Link:
Supporting Maths Learning at Home.	This ECA is designed to support parents of Year 1 and 2 students in enhancing their child's maths learning at home. In this session you'll learn practical strategies to help your child with the four operations - addition, subtraction, multiplication and division.	Kirsty Dawson Yasmin Duffy	Wednesday 3:15-4:00	10	2B	Link here
Adult Well-Being	Sessions will focus on holistic well-being. Each session will focus on a different element of well-being, including making positive habit changes, recognising and attending to stress, mindfulness practise, defining values and feeling more connected to who you are.	Rebecca Boshoff Megan Moon	Wednesday 3:15-4:00	16	Main Reception	Link here
Adult Book Club	Discuss and read your favourite novel with the group, ask questions and explore a range of genres.	Rebecca Coulter	Wednesday 3:15-4:00	20	5D	Link here
How to Support your child in Year 6	Join us for an engaging and personalized workshop designed specifically for parents of Year 6 student. This ECA will explore practical ways to support your child's learning and well-being as they navigate through their final year of Primary School. This hands-on session will provide you with strategies to support your child's learning at home and in school.	Zoe Joslin	Wednesday 3:15-4:00	15	F103 (6C classroom , First floor)	Link here
How to support your child in EYFS	An opportunity for parents to learn how to support their child at home using the EYFS framework.	Alesha Dublin Lauren Mcauley	Wednesday 1:00-1:45	16	G534 - FS1G	Link here



Parent and Staff Extracurricular Activities... *continued*

Activity	Description	Staff Member:	Date and Time	Number of spaces	Location	Sign up Link:
Staff Breakfast club (Staff only)	Kickstart your day with coffee, tasty bites, and great company! Join us every Friday at 6:40am for a relaxed morning boost	Faheema Abeebe Helen O'Donovan	Friday 6:40-7:20	10	S409	N/A
Swimming Development	This ECA offers staff and parents a chance to come together in a relaxed, social setting to improve their swimming technique or boost their overall swimming fitness. Each session will be tailored to accommodate a range of skill levels, ensuring that everyone can participate at their own pace. Please note: <ul style="list-style-type: none"> • basic swimming ability is required to attend.(must be able to swim). • This is a mixed gender session. 	Joe Gannon	Friday 6:40-7:20	20	Swimming Pool	Link here
Running Club	This ECA offers parents the chance to kick start their day with a relaxed morning run round our school astro. All running abilities are welcome as parents can run at their own pace. Furthermore, parents are welcome to bring music and their phone to track their running distance.	Sean Sweeney	Friday 7.30-8:00	20	Astro	Link here



Foundation Stage Free Extracurricular Activities - FS1 and FS2

Year Groups Attending	Teacher	Activity	Day and Time	Pick up Location	Capacity	Description
FS1	Abbey Gibson Hannah Williams	Recycling Art	Monday 1:00-1:45	FS1F	15	Using recyclable/upcycled materials to build, create and engage in challenges. Whilst learning about the importance of sustainability, we will be developing the skills related to Understanding The World, Expressive Art and Design and Maths.
FS1	Marama Douglas Katy Anderson	Feel Good Club	Monday 1:00-1:45	FS1H G536	15	The Feel-Good Club for Foundation Stage One is a creative space where children can explore their emotions through art and design. By engaging in fun, hands-on activities, they will create colorful projects that promote positive feelings, kindness, and self-expression.
FS1	Marilie Zondagh Sanna Zahid	Book Club	Monday 1:00-1:45	FS1C G526	15	We will be sharing and exploring a different text every week with planned activities (mark-making, crafts, modeling, small world) that correspond with the focus text.
FS1 & FS2	Lauren Dodd Grace Lees	Young farmers	Monday 1:00-1:45	FS1A G0522	15	A "Young Farmers" club offering a wonderful opportunity to integrate hands-on learning, outdoor exploration, and social development. Weekly visits to the farm can stimulate curiosity, develop a sense of responsibility and promote a growth mindset all while fostering a deep connection with nature and animals.
FS1 & FS2	Sophie Watkin Emily Toohey	Little Leaders	Wednesday 1:00-1:45	FS2K	15	This is an opportunity for the children to take part in engaging activities to help develop their enterprise skills. They will be involved in raising awareness and celebrating events happening in school and our wider community.
FS2	Gabriella Simillidou Hannah Rodriguez	Creative Arts	Monday 1:00-1:45	FS2B G512	15	FS2 children explore their imagination through a variety of artistic mediums. From painting and drawing to music and movement, they will have the opportunity to express themselves creatively, develop fine motor skills, and work together on exciting group projects. The focus is on building confidence, fostering creativity, and encouraging a love for the arts in a playful and supportive environment.
FS2	Natalie Bruce Katrina Walters	Feel Good Club	Monday 1:00-1:45	FS2J G0542	15	Embracing what makes us feel good through mindfulness, art and outdoor activities.
FS2	Emma Cannon Katie Lynn	Healthy Heroes	Wednesday 1:00-1:45	FS2G G513	15	Activities including exercises, healthy eating, healthy choices and mindfulness.
FS2	Noreen Maqboul Jessica Brown	STEM	Wednesday 1:00-1:45	FS2D	15	Our STEM club where we offer hands on activities in Science, Engineering and Math's. Through fun experiments, building projects and problem-solving challenges. Children will explore the wonders of the world around them whilst developing critical thinking, creativity and teamwork skills.
FS2	Kirsty Lawry Ashley Scott	Recycling Art	Wednesday 1:00-1:45	FS2P G548	15	Using recyclable/upcycled materials to build, create and engage in challenges. Whilst learning about the importance of sustainability, we will be developing the skills related to Understanding The World, Expressive Art and Design and Maths.



Primary - Morning Free Extracurricular Activities

Primary morning ECAs are offered for students in Years 3-6.

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
STEM- Science, Technology, Engineering and Maths	Rachel Williams Janine De Villiers	Y3	Monday 6:40-7:20	3E G305	15	A hands-on ECA that engages students in activities related to Science, Technology, Engineering, and Mathematics. Projects may include building robots, conducting experiments, and solving real-world problems, promoting teamwork and innovation.
	Afshana Choudhury William McKirdy	Y4	Monday 6:40-7:20	4E	15	
	Graham Rennie Iqra Zaffar	Y5 & Y6	Wednesday 6:40-7:20	F208	15	
Meditation	Aneera Jamshed	Y3	Friday 6:40-7:20	Inclusion Hub	10	A meditation class for young children is designed to help them develop awareness of their thoughts, emotions and bodies while teaching them valuable skills like relaxation, focus and empathy. The class will be led in a way that captures their attention, encourages participation and is enjoyable for all

Primary - Lunchtime Free Extracurricular Activities

Lunchtime ECAs are offered for students in Years 2-6.

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Junior Journalists	Laurel Gaynor Jeniffer Elliott	Y4	Monday 11:45-12:05	F306	20	This ECA is for budding writers and reporters. Students learn how to write articles, conduct interviews and report on school events, local news, and global issues. The masterclass fosters skills in research, writing, and editing, often culminating in a student-published newspaper or blog.
Junior Journalists	Sasha De Silva Alisha Brookes	Y5	Thursday 11:25-12:05	Year 5 Corridor	20	
Junior Journalists	Iman Oraby Grace Smith	Y6	Thursday 11:25-12:05	6D F104	20	
School Radio and Podcast	Natasha Strachan Chris McAuley	Y6	Wednesday 11:30-12:00	6G F107	20	This ECA involves students in planning, scripting, and recording radio-style shows and podcasts. Activities include brainstorming topics, interviewing guests, writing scripts and recording their shows. To promote healthy competition the winning shows may have the opportunity to broadcast on the school radio.



Primary - Lunchtime Free Extracurricular Activities... *continued*

Lunchtime ECAs are offered for students in Years 2-6.

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Creative Arts	Antoinette O'Carroll Leigh Saunders	Y2	Tuesday 11:45-12:25	2K	15	Unleash your creativity at the Lunchtime Creative Arts Club! This fun and relaxed club offers a chance to explore drama, acting, and storytelling—no experience needed! Each week, we'll focus on: Acting skills, script reading, creative storytelling and improvisation.
Mindfulness Afternoons	Crystal Bauer	Y2	Wednesday 3:15-4:00	Year 2 Corridor	10	Creating awareness about our local environment. Linked to Forest school principals we will explore different ways to be more conscious about the local fauna and flora and respecting living things.
Sketching Club	Neesha Pal	Y6	Wednesday 11:25-12:05	Year 6 Corridor	10	We are excited to announce the launch of the Sketching Club! This club is designed to give students a chance to explore their creativity in a relaxed and supportive environment. Whether they are experienced artists or just enjoy doodling, this club provides the perfect space for them to develop their skills and unwind.
Junior Journalists	Sarah Tindall Beth Longville	Y3	Monday 11:45-12:15	3J G309	15	This ECA is for budding writers and reporters. Students learn how to write articles, conduct interviews and report on school events, local news, and global issues. The masterclass fosters skills in research, writing, and editing, often culminating in a student-published newspaper or blog.
School Radio and Podcast	Rebecca Northcott Holly Morgan	Y3	Wednesday 11:45-12:10	3F G306	15	This ECA involves students in planning, scripting, and recording radio-style shows and podcasts. Activities include brainstorming topics, interviewing guests, writing scripts and recording their shows. To promote healthy competition the winning shows may have the opportunity to broadcast on the school radio.
Cardio Stepping	Anthony Weekes	Y1 & Y2	Thursday 11:45-12:25	2E G205	15	Children will do fun activities to help them to become more active understand ways to stay fit.
School Radio and Podcast	Oliver Haigh Saif Mir	Y5	Thursday 11:25-12:05	5L	15	This ECA involves students in planning, scripting, and recording radio-style shows and podcasts. Activities include brainstorming topics, interviewing guests, writing scripts and recording their shows. To promote healthy competition the winning shows may have the opportunity to broadcast on the school radio.



Primary - Afterschool Free Extracurricular Activities

Afterschool ECAs are offered for students in Years 1-6.

Activity	Open to	Teachers	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Reading for Pleasure	Y3	Louise Higgins Katy McGuinness	Monday 3:15-4:00	3D G304	15	A relaxed ECA where students can immerse themselves in books and develop a love for reading. It encourages students to explore different genres, share their favourite books with peers, and discuss themes and characters in an informal setting. They can also create their own book reviews based on the books that they read.
Public Speaking	David Moore Matt Byrne	Y6	Monday 3:15-4:00	6J F109	15	This ECA develops critical thinking and communication skills by allowing students to engage in formal debates on various topics. Students learn how to build strong arguments, rebut opposing views, and speak confidently in front of an audience.
Colouring club	Y1 & Y2	Helen Spencer Rachelle Fitzgerald	Wednesday 3:15-4:00	1C G103	15	This will help children to develop emotional regulation, creativity and mindfulness. In this club children will use colouring as a tool for relaxation and concentration and allow them to express themselves through art
Board Games	Y1 & Y2	Marleigh Davies Hannah Raybould	Wednesday 3:15-4:00	1E G105	15	Board Games club is an opportunity for students to build their social skills, whilst interacting with other children. They will be required to use skills such as problem solving and critical thinking.
Arts and Crafts	Y1 & Y2	Hannah Jackson Amy Howes	Wednesday 3:15-4:00	2A G201	15	Children will engage with different arts and crafts activities to embrace their creativity and help build gross and fine motor skills.
Art Club	Y1 & Y2	Jodie Callow Muna Ali	Wednesday 3:15-4:00	1K G110	15	Lets get creative! We will have a go at using a variety of art mediums to express our creativity through different art projects.
Spanish Club	Y1, Y2, Y4	Chanelle O'Brien Rachel Fitzgerald	Wednesday 3:15-4:00	1D G104	15	Spanish club will enable you to learn key Spanish phrases and vocabulary as well as learn about the culture of Spain.
Maths Games	Y2	Emilia Ackroyd Jane Napier	Wednesday 3:15-4:00	Y2H G208	15	Children will complete a variety of maths games to improve their maths skills.
Mindfulness Afternoons	Y2	Crystal Bauer	Wednesday 3:15-4:00	Year 2 Corridor	10	Creating awareness about our local environment. Linked to Forest school principals we will explore different ways to be more conscious about the local fauna and flora and respecting living things.
Book Club	Y1 & Y2	Joanne Healy Charlotte Thompson	Wednesday 3:15-4:00	Y1J G109	15	The children will be reading a variety of books and answering comprehension questions. They will also be using the curiosity approach to create characters and discuss their favourite parts of the story.



Primary - Afterschool Free Extracurricular Activities... *continued*

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Reading for Pleasure	Skye Heilbronn Amy McGowan	Y4	Wednesday 3:15-4:00	4K F310	15	A relaxed ECA where students can immerse themselves in books and develop a love for reading. It encourages students to explore different genres, share their favourite books with peers, and discuss themes and characters in an informal setting. They can also create their own book reviews based on the books that they read.
Reading for Pleasure	Ashley Kearsley Conor Downey	Y5	Wednesday 3:15-4:00	5E F205	28	
Reading for Pleasure	Alicia Mooney Ella Reynolds	Y6	Thursday 3:15-4:00	6B F102	15	
Board Game - Problem Solving	Andy Walters David Carroll	Y2	Thursday 3:15-4:00	2G G207	15	Calling all budding strategists, creative thinkers, and lovers of fun! Join us for Board Games Club, an after-school adventure packed with laughter, learning, and a dash of friendly competition. Whether you're a board game pro or just starting out, there's a seat at the table for everyone! Let's roll the dice and make some unforgettable memories.
Brain Teaser Puzzles	Rana Cheikh Ali	Y4, Y5, Y6	Thursday 3:15-4:00	F405	10	This ECA offers different types of puzzles that are written or spoken and require mental reasoning to solve. It is for children who wish to work as a team to solve puzzles.
Debate Masterclass	Emily Wilkinson Chloe Coleman	Y3 & Y4	Thursday 3:15-4:00	3A G301	15	This ECA develops critical thinking and communication skills by allowing students to engage in formal debates on various topics. Students learn how to build strong arguments, rebut opposing views, and speak confidently in front of an audience.
Public Speaking	Christopher Wilson Jessie Cleary	Y4	Thursday 3:15-4:00	4D F304	15	This ECA focuses on building students' confidence and communication skills through speeches, presentations and discussions. Students practise public speaking techniques, learn how to engage an audience, and develop persuasive speaking skills.



Secondary - Morning Free Extracurricular Activities

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Football Debate	Jason Corcoran Eoghan Ryan	Y12 Y13	Monday 6:40-7:20	S311	20	Premier league debate is an engaging ECA where students can passionately discuss and debate games and decisions from the weekend fixtures and results. This encourages students to think critically about standout performers, goals and decisions. It will also allow them to develop their public speaking and engage in a deeper understanding of why they watch football.
Film Club	Nasra Jama Tazmin Miah	Y11	Wednesday 6:40-7:20	S304	20	An extracurricular activity (ECA) on films and documentaries benefits GCSE students by enhancing critical thinking, improving analytical skills, and fostering creativity. It deepens subject understanding, offers diverse perspectives, and encourages discussion, helping students engage with complex ideas in an accessible and enjoyable way.
Leverage Futures Trading	Saqib Akram	Y9, Y10, Y11, 12, 13	Tuesday 6:40-7:20	S311	15	These study sessions will give you a basic insight into Leverage future trading using real time apps.
Farm Craft Challenge	Navid Sarfarazi	Y7 & Y8	Thursday 6:40-7:20	S201	15	Join the Farmcraft® Challenge! Dive into the world of agriculture using Minecraft to explore food security, sustainable farming, and global trade. Participate in virtual exchanges, creative build challenges, and collaborate in a custom Farmcraft® world to connect biomes and solve real-world food distribution challenges!



Secondary - Lunchtime Free Extracurricular Activities

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Digital Designers	Sophie Hunter Karl Taras	Y7 & Y8	Monday 12:25-1:05	TBC	10	Have a big idea? Bring it to life in our Digital Design Club! You'll use awesome tools like Tinkercad and Canva to design your own product, create stunning logos, eye-catching posters, website, and even shoot a mini ad campaign. Over the weeks, you'll master the art of branding, marketing, and pitching your creations in a fun and creative way. Ready to wow the world? Let's get designing!
Warhammer	Catherine Snell	Y7, Y8, Y9	Tuesday 12:25-1:05	G602	20	Join the Warhammer Club and dive into the exciting world of miniatures and tabletop gaming! Build and paint detailed models while developing STEAM (Science, Technology, Engineering, Art, and Math) skills like problem-solving and precision. Then, bring your creations to life in epic battles as you learn the rules and strategies of Warhammer games. Whether you're a beginner or an experienced player, this is your chance to combine creativity, learning, and fun. All skill levels welcome!
Reading Across the Curriculum	Delyth Webb Coly Begum	Y7-13	Tuesday 12:25-1:05	Library	20	A chance to read and discuss different genres of literature, with peers and teachers.
Mindfulness Afternoons	Laura Nassar Alisisa Argyrou	Y7 & Y8	Thursday 12:25-1:00	G615	15	A welcoming space designed to help students cultivate calm, focus, and self-awareness in a supportive community. Through activities like guided meditation, breathing exercises, journaling, members will learn practical techniques to manage stress, improve concentration, and develop emotional resilience.
Brain Teaser Puzzles	Amy Harrison Muneera Millwala	Y7, Y8, Y9	Thursday 12:30-1:00pm	S301	10	The Brain Teaser Club is all about having fun while challenging your brain! Join us for a mix of puzzles, riddles, and mind-bending challenges that will make you think, laugh, and learn. It's the perfect spot to boost your problem-solving skills, compete with friends, and have a blast while doing it! Ready to test your brainpower?
Magic School AI	Rabia Chaudhry Amina Choudhury	Y7-Y10	Monday 12:30-1:00pm	S209	20	To learn a generative AI platform. MagicSchool for Students brings responsible AI experiences to students and build AI literacy for the next generation.



Secondary - Lunchtime Free Extracurricular Activities

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Historical Castle Making	Usama Ibrahim Sarah Burns	Y7 & Y8	Monday 12:25-1:00	S207	15	Pupils will be making key historical architecture and key historical cities on Minecraft to making history more visual
Educational Blooket	Stephanie Renicks Khaled Absiyeh	Y8 & Y9	Monday 12:25-1:00	S205	15	Students will take part in various digital learning quizzes where they will be given the opportunity to expand their knowledge on multiple parts of the curriculum e.g., Geography and Maths. This ECA instills healthy competition and excitement, whilst deepening students learning in an active way
French Movie Club	Vanessa White	Y7-13	Monday 12:25-1:05	F601	20	Awareness of French language and culture through the discovery of typical movies.
Science Research Club	Harri Burford Mohammad Usman	Y7-13	Tuesday 12:25-1:00	S203	20	Students will spend their time discussing science ideas they have researched about in a space where they will be surrounded with like-minded peers.
Financial Literacy	Nikita Shaikh David Carter	Y12&13	Monday 12:30-1:00	S309	20	Financial literacy is the cognitive understanding of financial components and skills such as budgeting, investing, borrowing, taxation and personal finance management. It allows individuals to make informed decisions about money.
Coding with Scratch	Safae Drissi	Y10	Wednesday 12:25-1:00	S023	15	Students will learn key concepts such as loops, variables, and conditionals, building problem-solving skills and creativity while gaining a strong foundation for advanced programming.
Braiding Club	Jenny Awodipe Nahlah Hazem	Y7, Y8, Y9	Wednesday 12:40-1:05	G606	15	Whether you're a beginner or already a braiding pro, this club is a fantastic opportunity to learn new techniques, share tips, and have fun with fellow students. We'll explore a variety of styles, from classic braids to trendy designs, and even create some unique looks for special occasions.
Brazilian Jui Jitsu	Sean Dennis	Year 7-13	Wednesday 12:30-1:00	High Performance Institute (2nd floor)	20	Dive into the dynamic world of Brazilian Jiu-Jitsu every Wednesday lunchtime and discover the art of grappling, self-defense, and strategy in a safe and supportive environment. Whether you're a beginner or looking to build confidence and physical fitness, this is your chance to challenge yourself, learn valuable skills, and have a great time!



Secondary - Lunchtime Free Extracurricular Activities

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Mindfulness Afternoons	Hani Sofe Misba du Plessis	Y10-Y13	Monday 12:30-1:00pm	G616	20	Join us for our Mindful Coloring Club, a serene space for relaxation and creativity! As exams approach, it's important to unwind and recharge, and our club provides the perfect opportunity to escape study pressures through the calming practice of coloring. Enjoy a peaceful environment to let go of stress, explore your artistic side with various materials, and participate in guided mindfulness exercises that enhance focus and well-being, all while connecting with fellow students in a joyful setting.
Duke of Edinburgh	Myles Worthe Lorraine De Souza	Y10-Y13	Monday 12:45- 1:05	S206	N/A	To give students guidance and help on completing their ORB and logging activities in order to compete their Award



Secondary - Afterschool Free Extracurricular Activities

Activity	Teachers	Open to	Day and Time	Drop off/Pick up Location	Spaces Available	Description
Origami	Gayn Lewis Kate Ashton	Y10-Y11	Monday 3:15-4:00	G606	20	Use origami to help reduce stress, improve hand-eye coordination, boost creativity, enhance patience and persistence, and promote learning and education.
Henna Designs	Rukhsana Saleem Kerry McLennan	Y7-13	Thursday 3:15-4:00	S605	20	Researching henna designs from different cultures and creating our own designs.
Debate Club	Georgina Meikle Georgina Keightley	Y9 & Y10	Monday 3:15-4:00	S636	30	Debate Club is an ECA where students can engage in structured debates on a wide range of topics, from current events to philosophical issues. Students will have the chance to research, analyze, and present arguments in a supportive and encouraging environment as well as improve critical thinking skills and boost confidence.
Mindfulness	Tanzeela Zafar	Y11	Wednesday 3:15-4:00	S616	20	Calming space for students to practice mindfulness, reduce stress, and enhance focus through guided techniques and relaxation exercises.
Famous Psychological Investigations	Zahra Younis	Y12-13	Wednesday 3:15-4:00	S302	10	An opportunity for students to delve deep into famous Psychological investigations. They will watch video clips and discuss the advantages and disadvantages of such research
Spanish club	Emily Bancroft Olivia Parr	Y7-9	Wednesday 3:15-4:00	F606	15	Join our Spanish ECA to explore the language and culture through fun activities like conversations, games, and more. Open to all levels—say "¡Hola!" to a new adventure!
Film Club	Cian McNerney	Y9-13	Thursday 3:15-4:00	S626	15	Students work together to understand the different aspects of film-making: from script writing to acting to editing. This will culminate in the students working together to write, shoot, and edit a short film
Mathematical Geometry Art Club	Adam Aboussaad	Yr 7- 9	Wednesday 3:15 - 4:00	Ground Floor Library	10	Discover the beauty of maths through art and design! In this club students will create stunning designs using shape, patterns and symmetry. Explore tessalations, fractals, the golden ratio, curves of pursuit and much more. Where maths and design meet.



Frequently Asked Questions

What are the different types of Extracurricular Activities at GEMS Metropole School? Mustangs Sports Squads – Invite only for Mustangs Squads, Performing Arts Clubs (Choir, Musical Theatre, Dance) ESM Paid Extracurricular Activities Free Teacher Led Extracurricular Activities Arabic/Islamic Clubs

When do the Term 1 Free Teacher-led Extracurricular Activities run from and to?

The Free Extracurricular Activities led by teachers begin Monday 13th January and run until Friday 7th February.

How are the spaces in Extracurricular Activities allocated?

Each Free ECA has a different capacity. This is a first come, first served basis and once the sign up is full, the ECA will not appear in the app any longer.

Why do some days have fewer ECA opportunities available than others?

Teachers are in professional development meetings at different times during the week, meaning there are less staff available to run clubs on these days.

Can my child attend an ECA or sport squad if they have been absent from school on that day?

No, students must have attended school on the day to be able to attend the club.

Is there a minimum number of students for a club to run?

Yes. A minimum of three students.

How will I know if my child has been allocated a space?

You will receive a welcome email from the relevant staff member welcoming you to the ECA. This will indicate the you have been successful in securing a place and will have all relevant information you will need for the ECA such as timings, date, location etc.

Does the school provide an ECA bus service?

No, any students attending before or after school ECA will need to arrange own transport. Buses will not be running for Extracurricular Activities.

How do I sign up for Paid/Free Extracurricular Activities?

You can sign up using GEMS Connect for any ESM paid ECAs or Free Teacher-Led ECAs. The deadline to sign up for Free Extracurricular Activities will be communicated to you. You may sign up for the ESM Paid Extracurricular Activities at any point in the term.

What if I am late to pick my child up from an after-school ECA?

Please note that if you are running late to collect your child from an after-school ECA, please ring and inform the reception or email the staff member running the ECA (welcome email received from this staff member).

Each time you are late collecting your child from an ECA you will receive a letter following this up. If you are late to collect your child on 3 occasions, your child will be asked to leave the ECA.





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